

## **Risk Assessment Inventory: Osteoporosis**

The following risk factors may be indicators of existing or developing problems. These should be considered by the support coordinator (formally known as service coordinator), service provider, and other Team members when assessing and planning for risk mitigation. Referrals for further evaluation by clinicians or the regional center's Clinical Team may be needed to diagnose a specific condition or otherwise address individual risk. ***This inventory is not intended to take the place of a professional diagnosis conducted according to accepted standards of clinical practice.***

### **Personal Risk Factors**

| <b>√ if<br/>Present</b> | <b>Risk Factor</b>                                     |
|-------------------------|--|
|                         | Long term use of high dose corticosteroids             |
|                         | Heavy smoking (or passive smoking)                     |
|                         | Heavy drinking   |
|                         | Immobility   |
|                         | Lack of sunshine                                       |
|                         | Low calcium intake                                     |
|                         | Other diseases   |
|                         | Family history of osteoporosis or fractures            |
|                         | Fracture after a minor bump or fall                    |
|                         | Loss of height   |
|                         | Back pain  |
|                         | <i>In women:</i> Early menopause (before 45 years old) |
|                         | Early hysterectomy (before normal menopause age of 50) |
|                         |  |

**Individual:** \_\_\_\_\_ **Date** \_\_\_\_\_